



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03185, Babyfood, cereal, mixed, dry fortified

Report Date: June 24, 2017 22:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:5.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Proximates						
Water	g	6.70	22	0.200	0.17	1.00
Energy	kcal	399	--	--	10	60
Energy	kJ	1670	--	--	42	250
Protein	g	6.66	--	--	0.17	1.00
Total lipid (fat)	g	6.66	--	--	0.17	1.00
Ash	g	1.77	--	--	0.04	0.27
Carbohydrate, by difference	g	78.21	--	--	1.96	11.73
Fiber, total dietary	g	6.7	--	--	0.2	1.0
Sugars, total	g	26.66	--	--	0.67	4.00
Minerals						
Calcium, Ca	mg	800	--	--	20	120
Iron, Fe	mg	30.00	--	--	0.75	4.50
Magnesium, Mg	mg	100	3	4.000	2	15
Phosphorus, P	mg	333	--	--	8	50
Potassium, K	mg	467	--	--	12	70
Sodium, Na	mg	33	--	--	1	5
Zinc, Zn	mg	10.66	--	--	0.27	1.60
Copper, Cu	mg	0.334	5	--	0.008	0.050
Selenium, Se	µg	25.9	4	3.500	0.6	3.9
Vitamins						
Vitamin C, total ascorbic acid	mg	58.3	--	--	1.5	8.7
Thiamin	mg	1.166	--	--	0.029	0.175

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Riboflavin	mg	1.333	--	--	0.033	0.200
Niacin	mg	15.000	--	--	0.375	2.250
Pantothenic acid	mg	1.074	--	--	0.027	0.161
Vitamin B-6	mg	1.166	--	--	0.029	0.175
Folate, total	µg	167	--	--	4	25
Folic acid	µg	132	--	--	3	20
Folate, food	µg	35	--	--	1	5
Folate, DFE	µg	259	--	--	6	39
Choline, total	mg	23.2	--	--	0.6	3.5
Vitamin B-12	µg	5.00	--	--	0.12	0.75
Vitamin B-12, added	µg	5.00	--	--	0.12	0.75
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	148	--	--	4	22
Vitamin E (alpha-tocopherol)	mg	4.21	--	--	0.11	0.63
Vitamin E, added	mg	4.21	--	--	0.11	0.63
Tocopherol, beta	mg	0.21	--	--	0.01	0.03
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.26	--	--	0.01	0.04
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.5	--	--	0.0	0.2
Lipids						
Fatty acids, total saturated	g	0.769	--	--	0.019	0.115
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.006	--	--	0.000	0.001
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
12:0	g	0.009	--	--	0.000	0.001
14:0	g	0.007	--	--	0.000	0.001
16:0	g	0.654	--	--	0.016	0.098
18:0	g	0.046	--	--	0.001	0.007
Fatty acids, total monounsaturated	g	1.206	--	--	0.030	0.181
16:1 undifferentiated	g	0.010	--	--	0.000	0.002
18:1 undifferentiated	g	1.192	--	--	0.030	0.179
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.697	--	--	0.042	0.255
18:2 undifferentiated	g	1.616	--	--	0.040	0.242
18:3 undifferentiated	g	0.040	--	--	0.001	0.006
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.001	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.158	--	--	0.004	0.024
Threonine	g	0.400	--	--	0.010	0.060
Isoleucine	g	0.477	--	--	0.012	0.072
Leucine	g	1.041	--	--	0.026	0.156
Lysine	g	0.404	--	--	0.010	0.061
Methionine	g	0.240	--	--	0.006	0.036
Cystine	g	0.346	--	--	0.009	0.052
Phenylalanine	g	0.672	--	--	0.017	0.101
Tyrosine	g	0.491	--	--	0.012	0.074
Valine	g	0.653	--	--	0.016	0.098
Arginine	g	0.703	--	--	0.018	0.105
Histidine	g	0.286	--	--	0.007	0.043
Alanine	g	0.583	--	--	0.015	0.087
Aspartic acid	g	0.726	--	--	0.018	0.109

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 2.5g	0.5 oz 15g
Glutamic acid	g	3.184	--	--	0.080	0.478
Glycine	g	0.551	--	--	0.014	0.083
Proline	g	1.047	--	--	0.026	0.157
Serine	g	0.570	--	--	0.014	0.085
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0